

ART FOR ACTIVE ADULTS

New

A LOOK AT FINE ART MUSEUMS

MUSEUM OF ART WSU

Join us for a tour of the Fine Arts Museum. Lunch is at Basilio's and cost is your own. Home pick up starts at 9:00am and we leave City Hall at 10:00am. **Register before: Jan 6**

Location: Pullman, WA

Limit: 6/18

Jan 11 W 10:00am \$5

NORTHWEST MUSEUM OF ARTS AND CULTURE! DRAWN TO YELLOWSTONE

Seemingly a place apart from civilization, Yellowstone National Park has lured generations of artists. The exhibit features more than seventy paintings, prints, and drawings that depict the aesthetic response to Yellowstone. Lunch is at the Mac Café and cost is your own. Home pick up starts at 8:30am and we leave City Hall at 9:30am. **Fee includes admission and transportation. Register before: Feb 6**

Location: Spokane, WA

Limit: 8/18

Feb 15 W 9:30am \$17

GONZAGA'S JUNDT ART MUSEUM

This interesting art tour takes us to one of the largest fine arts museums in the Inland Northwest. At any one time three different exhibits are on display, in the Jundt Galleries, the Arcade Gallery, and in the Chancellor's Room. Lunch is at the Steam Plant Grille before the museum visit and cost is your own. Home pickup starts at 8:30am and we leave City Hall at 9:30am. **Fee includes admission and transportation. Register before: Mar 3**

Location: Spokane, WA

Limit: 8/18

Mar 8 W 9:30am \$15

CENTER FOR ARTS AND HISTORY: DOGWOOD ART EXHIBITION

The Lewis-Clark State College Center for Arts and History opens its Annual Dogwood Festival Juried Art Exhibition in the Main Gallery. The exhibit, features a variety of work including painting, watercolor, photography, basketry, and sculpture. While at the Arts and History Center be sure to view the following exhibits: Beyond Beads, artist Carolyn Prince Batchelor, Beuk Aie Temple Museum, and Lewis and Clarks exhibit on Seaman the dog. Seaman is represented by a life-size carving from artists Francis and Dennis Sullivan of Dog Bark Park. Lunch is at Rooster's Landing and the cost is your own. Home pick up is at 9:30am and we leave City Hall at 10:30am. **Register before: Apr 3**

Location: Lewiston, ID

Limit: 8/18

Apr 12 W 10:30am \$10

Pullman Aquatics: 500 NW Larry Phone: 338-3290



New WILD@ART PRESENTS: LET YOUR CREATIVITY FLOW!

Come and experiment with mixed media, i.e., acrylic, watercolor, collage materials etc. and spend time relaxing with your friends, or just come and discover what's available. Joan Alexander opened a new art studio where you can drop in anytime to play or sign up for various art classes such as pottery, painting, collage, pencil drawing, and a study of the world's greatest artists. Let's go see what it's all about! **Supply fee:** \$5 for the mixed media activities or paint a piece of pottery for a little extra paid to the instructor. Home pick up starts at 9:30am and we leave City Hall at 10:30am. Lunch is at Mikey's Gyros, cost is your own. **Register before: Jan 20**

Location: Moscow, ID

Limits: 8/18

Jan 25 W 10:30 am \$6

New ART UNDER THE ELMS

Come with us as we browse over 100 fine arts and crafts booths, have lunch from the Gourmet Food Court (cost is your own), listen to live entertainment, and view the classic car show at Art Under the Elms. Home pick up starts at 9:00am and we leave City Hall at 10:00am. **Fee includes admission and transportation. Register before: Apr 21**

Location: Lewiston, ID

Limit: 8/18

Apr 29 Sa 10:00am \$10

PIONEER CENTER AND PULLMAN SENIOR CENTER CLOSED

MON, JAN 2

MON, JAN 16

MON, FEB 20

MON, MAY 29

Pullman Senior Center: 325 SE Paradise Phone: 338-

ACTIVE ADULTS

LIVE FROM CITY HALL: "HEALTHY TOPICS AND LUNCH"!

Let's help each other move toward a healthier life-style through this interesting and fun program. Join us the 1st and 2nd Thursday of the month at noon for a healthy topic provided through The City Wellness Program. **Bring a lunch** and watch an informative and motivational DVD with discussion and handouts afterwards.

Topics Include:

January: Weight Management

February: Changing Behaviors

March: Beating the Depression Blues

April: Heart Health

May: The Art of Healing Series

You're welcome to come to all or choose whichever ones interest you the most.

Instructors: Karen Sires, Human Resource Director, Lee Paul, Sr Coordinator
Location: Pullman Senior Center, City Hall

Jan- May 1st, 2nd Th 12:00pm **FREE**

UNCOVER THE MYSTERY TO WRITING YOUR AUTOBIOGRAPHY

Guidelines Acquired by Al Halvorson

Imagine finishing the first chapter of your autobiography, or polish one already started! Al's guidelines will give you a jump-start! What a perfect gift for your grandchildren. Al Halvorson has written his autobiography for his grandchildren, and has put it into book form. Upon request, he is willing to share his techniques with you. Discover how to start, organize, do a brain search, gather data, and learn sequencing. Al will help you assess your life events and write a short autobiography.

Location: Senior Activity Room, City Hall

Jan 12-Feb 2 Th 10:00am **FREE**

FESTIVAL OF DANCE PRESENTS: RAINBOW DANCE THEATRE

Rainbow Dance troupe shows an exotic feast for the senses, a stunning performance! The company celebrates diversity with its virtuosic style that fuses West African Dance, Haitian, Hip Hop, Asian, Modern Dance, and Martial Arts creating a rainbow tapestry of movement. Home pick up starts at 5:15pm and we leave City Hall at 6:15pm. **Register before: Jan 9**

Location: Beasley Coliseum, Pullman

Limits: 6/18

Jan 17 Tu 6:15pm \$37

"SWEETHEART" DINNER, SWING BAND, AND FUN!

Enjoy a lovely evening out and celebrate your health, love, and gratitude. Come join us for a heart healthy dinner, live music, friends, and fun! Live music by the "Lionel Hampton School of Music Swing Band"! The seven piece group is made up of University of Idaho faculty and students. You will enjoy Swing Era arrangements for dancing or listening. **Menu:** Choice of Salmon or Baked Chicken, baby reds, veggies, salad, roll, coffee or tea, and dessert. Home pick up starts at 4:45pm. **Register before: Feb 6**

Location: City Hall

Limits: 35/65

Feb 11 Sa 6:00pm \$11

2006 LIONEL HAMPTON JAZZ FESTIVAL

The Young Artists Concert: (Instrumental and Vocal Ensembles)

The University of Idaho takes great pride in its 39 year tradition of hosting the Lionel Hampton Jazz Festival. Each year in February, thousands of students travel from all over the United States and Canada to the University of Idaho campus and meet some of the world's greatest jazz performers. It's truly a jazz music pilgrimage. Join us for an interesting afternoon of musical fun! Supper afterwards at the Pullman Arby's and cost is your own. *Fee includes admission and transportation.* Home pick up starts at 3:15pm and we leave City Hall at 4:15pm. **Register before: Feb 17**

Location: Moscow, ID

Limits: 8/18

Feb 22 W 4:15pm \$8



LEWISTON CIVIC THEATRE PRESENTS: THE MAN WHO CAME TO DINNER

This is a hilariously witty satire. Sheridan Whiteside, having dined at the home of the Stanley's, slips on their doorstep, breaking his hip. A tumultuous six weeks of confinement follows as the irascible invalid monopolizes the Stanley living room as ex-convicts are invited to dinner, strange gifts arrive, and penguins are found in the library! Home pick up starts at 10:00am and we leave City Hall at 11:00am. A late lunch is afterwards at Red Lobster and cost is your own. **Register before: Feb. 3**

Location: Lewiston, ID

Limits: 8/18

Feb 12 Su 11:00am \$19

ID-WA CHORALE CONCERT

The Idaho-Washington Concert Chorale consists of about 70 singers mostly from the Palouse region, and is conducted by John Weiss.

Enjoy A Chorus of Wine, Cheese, and Song! *Cost includes admission and transportation.* Home pickup starts at 3:30pm and we leave City Hall at 4:30pm. **Register before: Feb 27**

Location: St. James Episcopal Church, Pullman

Limits: 8/18

Mar 5 Su 4:30pm \$15

ACTIVE ADULTS

ENJOY CONCERT III AT THE ST. BONIFACE CHURCH IN UNIONTOWN

The Idaho-Washington Concert Chorale consists of about 70 singers mostly from the Palouse region, and is conducted by John Weiss. Cost includes admission and transportation. Home pickup starts at 4:00pm and we leave City Hall at 5:00pm. **Register before: May 1**

Location: Uniontown, WA
Limits: 8/18
May 7 Su 5:00pm \$15

CDA BIG BAND AND DANCE

Join us for a fun afternoon at the Eagles Lodge in beautiful Coeur d'Alene. Enjoy old style big band music. Have fun dancing the swing, waltz, fox trot, or just enjoy listening to the music. Lunch is at the Bonsai Bistro at 1:00pm, cost is your own. Home pick up starts 10:00am and we leave City Hall at 11:00am. **Register before: Mar 6**

Location: Couer d' Alene, ID
Limits: 10/18
Mar 12 Su 11:00am \$15



PULLMAN CIVIC THEATRE PRESENTS: THE KING AND I

Enjoy an afternoon of lunch and a matinee. East versus West makes for a dramatic, richly textured, and ultimately uplifting tale of enormous fascination. It is 1862 in Siam when an English widow, Anna Leonowens, and her young son arrive at the Royal Palace in Bangkok, having been summoned by the King to serve as tutor to his many children and wives. The King is largely considered to be a barbarian by those in the West and he seeks Anna's assistance in changing his image, if not his ways. With both keeping a firm grip on their respective traditions and values, Anna and the King grow to understand and, eventually, respect one another in a truly unique love story. Lunch is at the New Garden and cost is your own. Home pick up starts at 11:30am and we leave City Hall at 12:30pm. *Fee includes admission and transportation.* **Register before: Mar 3**

Location: Beasley Coliseum, Pullman
Limits: 6/18
Mar 19 Su 12:30pm \$ 19

PROGRESSIVE DINNER

First stop is the Bella Dolce for wine and hors d'oeuvres. Then off to our newest Pullman restaurant, the Fireside Grille. Dessert is at The Pantry because their desserts are soooooo sinfully delicious! Cost of all meals are your own. Home pick up starts at 3:00pm and we leave City Hall at 4:00pm. **Register before: Mar 10**

Location: Pullman, WA and Moscow, ID
Limits: 6/18
Mar 22 W 4:00pm \$5

WILD WOMEN TRADERS STYLE SHOW

Join us for a fun and interesting afternoon as we enjoy a delicious lunch and watch a fashion show. Clothes and accessories are from Wild Women Traders, where we will visit after the show. Cost of lunch is your own. Home pick up starts at 10:00am and we leave City Hall at 11:00am. **Register before: Mar 20**

Location: Moscow, ID
Limit: 8/18
Mar 29 W 11:00am \$5

FROM FEAR TO FREEDOM

Using creative mediums including guided imagery, drama, and movement, let go of limiting self-perceptions and gain insight and personal power to create your best life. Join us for an interesting Saturday morning! Katrina Mikiah will lead the retreat. She is a professional Life Coach, artist, and a Trance Dance Facilitator. All activities are easily adapted to participants' abilities.

Benefits: - Recognize and affirm the incredible values and characteristics you ALREADY embody and use them to move past your fears to create what you most want in life.

- Share life experiences using creative mediums like drama and movement that help us get past habitual ways of perceiving to bring about greater clarity.

- Connect with others in an atmosphere of joy, inspiration, and encouragement.

- Experience a different way of looking at things that you can take with you and utilize anytime to get out of a funk and feel great! Transportation is on your own. **Register before: Mar 31**

Instructor: Katrina Mikiah, Professional Life Coach
Location: Pullman Senior Center, City Hall
Limits: 6/10
Apr 8 Sa 9:00am-12:00pm \$43

CASINO RUNS

Come join the fun and take a chance! Cost of gambling and lunch is your own. *We are not responsible for any losses incurred!* Home pick up starts an hour before we leave City Hall. **Register early to get a seat.**

Location: Clearwater Casino, Lewiston ID
Feb 25 Sa 10:00am \$9
Location: Coeur d'Alene Casino, Worley, ID
Apr 22 Sa 9:00am \$11

THE FESTIVAL OF DANCE PRESENTS: "CINDERELLA" BY BALLET JORGEN

One of Canada's leading ballet companies crosses the border to present an exquisite ballet version of a magical dream come true. Romance, humor, and soaring dance make this a special you won't want to miss as this is a "Magical, innovative, whimsical, and magnificent, just the kind of beauty the world needs now" ballet. Home pick up starts at 1:30pm we leave City Hall at 2:30pm. **Register before: Apr 10**

Location: Beasley Coliseum, Pullman
Limits: 6/18
Apr 30 Su 2:30pm \$41

ACTIVE ADULTS

RENAISSANCE FAIR ~ MOSCOW

Enjoy this celebration of spring with live entertainment, arts and craft booths; and choose from a variety of vendors for lunch, cost is your own. This is a fun and interesting affair! Home pickup starts at 9:00am leave from City Hall at 10:00am. Return approximately at 3:30pm. **Register before: May 1**

Location: Moscow, ID
Limits: 8/18
May 6 Sa 10:00am \$5

PALOUSE FALLS AND LUNCH AT DUSTY CAFÉ

Come see the spectacular Palouse Falls as we drive west, first to Dusty for a delicious home cooked meal then out to the falls. *Fee includes transportation and lunch.* Home pick up starts at 9:00am and we leave City Hall at 10:00am. **Register before: May 5**

Location: Dusty Area
Limit: 8/18
May 10 W 10:00am \$22

EXCITEMENT IS IN THE AIR: WALLA WALLA BALLOON STAMPEDE

The Pacific Northwest's first and most prestigious hot air balloon rally of the season brings the finest pilots to Walla Walla. Colorful highlights include: sunrise launches, "Nite Glow Show", arts and craft booths, food vendors, and live entertainment. Also included in this trip is the Walla Walla Little Theatre's comedy of "Moon Over Buffalo", a wine tasting tour, Elks Mother's Day brunch buffet, and Fort Walla Walla Museum and Living History. *All of the above plus 2 night hotel stay, with continental breakfast, indoor pool, and transportation are included in the fee.* **Costs of all other meals are on your own.** Home pick up starts at 7:00am and we leave City Hall at 8:00am. **Register before: Apr 7**

Location: Walla Walla, WA
Limits: 10/18
May 12-14 F-Su 8:00am
Share a room \$239 ea Single Occupancy \$331

CAT TALES AND LUNCH

Come with us as we travel to Spokane for a morning at the Endangered Species Conservation Park and Zoological Training Center. Lunch will be at Red Robin and cost is your own. *Fee includes admission and transportation.* Home pick up starts at 8:00am and we leave City Hall at 9:00am. **Register before: May 15**

Location: Spokane, WA
Limits: 8/18
May 24 W 9:00am \$15

ST. JOHN IRIS TEST GARDEN AND LUNCH

Early summer holds a delightful array of colors at the Iris Test Garden. Come see over 2,500 varieties of irises which you can choose from, to purchase and plant in your own garden. Lunch will be at Hartley's Wheel Inn and cost is your own. Home pick up starts at 10:00am and we leave City Hall at 11:00am. **Register before: May 26**

Location: St. John, WA
Limits: 8/18
May 31 W 11:00am \$8

THE MAGNIFICENT CLARK HOUSE MANSION ~ TOUR AND LUNCH

This is an absolute treasure! Treat yourself to the luxury of a bygone time. The magnificent Clark Mansion majestically rests on a wooded 12-acre estate, a reminder of a glorious past complete with princes, presidents, power, wealth, and mystery. A professional set designer from Los Angeles has painted the murals. The walls truly are magnificent. At one time, the elegant F. Lewis Clark Mansion was the largest home in northern Idaho. Patterned after the Kaiser of Germany's summer home, this grand old manor has been restored to its original beauty. Join us for a delicious lunch of honeysuckle club sandwich, soup, dessert – chef's choice, and coffee or tea prepared by one of the area's finest chefs. This is a special opening for us and we need 18 to go, so please invite a friend! Home pick up starts at 8:00am and we leave City Hall at 9:00am. *Fee includes lunch and transportation.* **Register before: Apr 20**

Location: Hayden Lake, ID
Limits: 18/18
May 20 Sa 9:00am \$36

2007 STATE FARM U.S. FIGURE SKATING CHAMPIONSHIPS

The countdown has begun! Spokane, Washington has been named as the city to host the 2007 State Farm U.S. Figure Skating Championships. On Jan 21-28, 2007, the top figure skaters in the country will converge for eight days of intense competition. The best and brightest stars will go for gold, silver, and bronze! Enjoy this spectacular event as you see all the medalists from the championships as they celebrate with a beautiful and magical show during the US Exhibition of Champions. Yes, it is not until 2007, however, tickets are already on sale!

Location: Spokane, WA
Limits: 8/18
Jan 28, 2007 Su Time TBA \$87

**Register Early
Call 338-3307
or 338-3227**